

TEEN VOLUNTEERING:

SOMETHING WORTH DOING!

"Once I got involved and volunteered for those who are not as fortunate as me, I saw everything in a very different perspective. Doing community service often better the lives of those you are doing it for as well as your own."

~2006 teen Presidential Volunteer Service Award recipient

Getting Started:

Step 1: Think about your interests.

Step 2: Brainstorm various activities and organizations with which you want to volunteer.

Step 3: Search the Volunteer Opportunities Guide at www.bloomington.in.gov/volunteer or call 349-3433 to locate specific places.

Step 4: Contact the desired organizations and set-up times and dates for service.



Benefits of Youth Volunteering:

- Enhances social awareness
- Gain self-confidence
- Discover your strengths and talents
- Build a sense of independence
- Develop various skills
- Gain work experience
- Learn to market yourself
- Explore various career options
- Network and build future contacts
- Learn more about yourself and how you function

Quick Facts about Teen Volunteering:

- ✓ The amount of teen volunteering has doubled in the last 15 years from 13.4% to 28.4% volunteering. (www.ysa.org)
- ✓ 49% of young people see volunteering as important for civic life. (ServiceLeader.org)

Many teens find it really “cool” to give back:

- ✓ 59% of teens volunteer 3.5 hours a week, with a total of 13.3 million volunteers and 2.4 billion hours! This saves 7.7 billion dollars for a variety of organizations. (www.charityguide.org/volunteer/motivation/volunteer-motivation.htm)
- ✓ 74.2% of high school seniors volunteered (www.ysa.org)

Teens who volunteer are more likely to stay out of trouble: (ServiceLeader.org)

- ✓ Youth who served just 1 hour or more a week were less likely to be involved in at-risk behaviors than those who were not active in volunteering.
- ✓ Youth who volunteer are less likely to abuse drugs and alcohol.
- ✓ Teens who volunteer are 50% more likely to live drug-free.
- ✓ 14% of youth who did NOT volunteer frequently used alcohol.
- ✓ Only 7% of children who volunteered used alcohol.
- ✓ 13% of youth who do not participate in volunteer activities skipped school in comparison to 7% of youth who did volunteer.

Volunteering can be a lifestyle: (ServiceLeader.org)

- ✓ 74% of youth volunteers continue to volunteer into adulthood.
- ✓ Volunteering at a young age stimulates skills that are necessary for a productive adulthood.

Volunteer Resources:

- www.bloomington.in.gov/volunteer
- www.SERVE.net.org
- www.volunteermatch.org
- www.yar.org
- www.networkforgood.org
- www.nationalunitedway.org
- www.cns.gov
- www.dosomething.org
- www.pointsoflight.org
- www.teenink.com/Resources/CommunityR.html
- www.ysa.org
- www.youthventure.org
- www.theantidrug.com/SchoolsOut/volunteerism.asp

